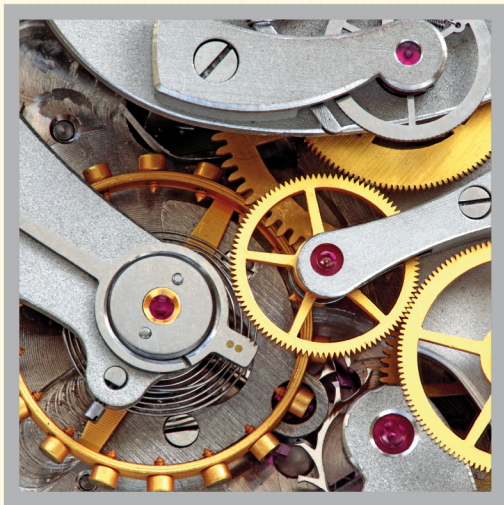


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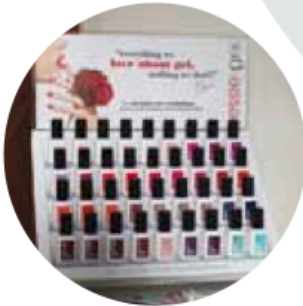


[BEAUTY REVIEW]

AND ALL THAT NAZ

The *Journal* heads to Wandsworth Bridge Road for a pampering session at Naz Zeneldeen

BETHAN REES



Naz Zeneldeen is what I'd describe as a hairdressing stalwart. Having been in the industry since he was 15 years old – saying he's a dab hand with a pair of scissors is an understatement. Having cut hair in independent salons in London for years, in 2009 he opened his first salon in Fulham, and this summer opened the Gentlemen's Grooming Club, just next door.

However, I'm not visiting Naz's salon for my hair to be preened – this time I'm here to be pampered from head-to-toe with its beauty treatments, in the safe hands of Sharon Lemon, head of beauty at Naz Zeneldeen.

With 16 years experience in the beauty industry, Sharon knows how to look after a client both personally and technically. The salon offers a range of services, from eyebrow shaping to a body scrub, waxing to make-up application and even does bridal hair and makeup. But, I'm here for a full facial (more on that later) and a body massage.

As soon as I enter the salon, I'm greeted by a smiley Naz who sits me down for a moment while the treatment room is being prepared, offers me a drink and provides me with a couple of magazines to flick through.

Sharon collects me from the reception before I become too indulged in celebrity gossip and shows me to the tranquil

treatment room area – there's a small reception-type space, where Sharon will talk you through your treatment and will ask you if you have any areas of concern. But, it's also where she can give clients manicures and pedicures.

The treatment room itself is small but perfectly formed and the scent of lavender instantly soothes away any stresses, without being overpowering. With the blinds closed, a few flickering candles and Eva Cassidy on the sound system, I'm ready to be entirely soothed. First up, the facial.

Using all Dermalogica products, Sharon first gives my face a deep cleanse and massages the cleanser rigorously into my skin, before removing with cotton pads. Following this is a gentle exfoliation.

Next, she steams my face for approximately 10 minutes – I'm so relaxed by this point, as she gives me a hand and arm massage, that I have no concept of time.

A lot of facials I've had don't include extraction, which some people might find uncomfortable or unpleasant – but I don't mind this. For those who don't know, it's essentially removing the gunk from your pores. Sharon does this gently wearing surgical gloves (rather than with daunting metal tools) and it's over before I know it. To soothe my skin, she applies a calming mask, before asking me to turn over on the bed for my massage.

The full body massage starts on my neck and back, where I tell her most of the tension is, and she works away at the knots firmly but with ease, before working on the rest of my body. My feet are extremely ticklish, and Sharon massages them with the utmost care and I don't flinch – not even once.

Naz Zeneldeen will leave you feeling fantastic, and this is service with a smile at its finest. ♦

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